

# 9 Month Visit



## NUTRITION

Continue breast-feeding or giving formula as the milk source. Wait until 12 months before switching to cow's milk. The amount of milk may vary widely, 20 to 30 oz. per day, and often decreases as the baby begins drinking from a cup and eating more solids. We do not recommend juice but we encourage water that is fluorinated (tap water). This is a good way to introduce the sippy cup. Supplement breast fed babies with Vitamin D as well as formula fed babies that do not drink close to 32 oz. Table foods now play a bigger role in your baby's diet. Allow your baby to feed himself when possible. Have your child sit at the table with the rest of the family at meal times.

Do not give the baby honey until after 12 months due to the possibility of botulism. Wait until 12 months for shellfish to decrease allergy risks. The introduction of eggs and peanut products is now considered safe by most sources. **Do not give your child foods that they can choke on such as nuts, popcorn, hard candy, hard pieces of fruits and vegetables or hot dogs cut into round pieces.**

## SAFETY

Be sure your house is as "child-proof" as possible. Get down on the floor and observe from his perspective. Some general guidelines:

- Cover outlets, secure electrical cords and make sure blind cords are out of reach.
- Watch for hazardous items such as pins, coins, medications and plants.
- Do not use walkers.
- Lower the crib mattress to the lowest position and remove the crib bumper.
- The kitchen is a dangerous place. Keep knives out of reach. Cook on the back burners to reduce the risk of burns.
- Falls are common as children learn to walk. Install gates and window guards.
- The water heater should be set below 120 F to prevent accidental burns.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up-to-date TIPP Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources.**

## IMMUNIZATIONS

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness at the site. You may give your baby acetaminophen (160 mg/5ml) or ibuprofen as needed for fever or fussiness over the next 24-48 hours. Our website has a dosing calculator to determine the right dose. **Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

Hep B    DTaP-Hib-Polio    Pneumococcal Influenza/flu

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

### MEASUREMENTS:

Weight: \_\_\_\_\_ Lbs \_\_\_\_\_ oz ( \_\_\_\_\_ %)

Height: \_\_\_\_\_ inches ( \_\_\_\_\_ %)

Head circ.: \_\_\_\_\_ cm ( \_\_\_\_\_ %)

## DEVELOPMENT

At this age you may notice your baby:

- Tries to crawl, but might still be dragging legs or going backwards
- Is starting to pull up and take steps while holding on to furniture
- Picks up small objects with index finger and thumb
- Understands his or her name, "no" and "bye-bye"
- Repeats syllables, "da-da" and "ba-ba"
- Might have separation and stranger anxiety

## PROMOTING DEVELOPMENT

- Listen to and make music with your child. Songs with gestures and finger actions teach your child how to copy.
- Play interactive games. Encourage older siblings to join in playtime.
- Encourage them to use their fingers to feed themselves.
- Help them pull up, cruise, and walk. The normal age range for walking is 9-17 months. Shoes are not necessary indoors. Outdoors, a flexible shoe is recommended.

## FOCUS ON FAMILY

- Separation anxiety may start at any time. Your child may have separated from you without being upset before but may now start to cry or cling to you. Know that this is a normal stage and your child will be fine after you leave. They are learning that even though they can't see you, you still exist.
- Interactive games are great for baby's development and relationships

**Next visit at 12 months**

(please schedule on/after first birthday)